



**GET TOGETHERS**  
Bringing people together through food

# BASIC VEGETABLE SOUP

Makes 4 servings

**Organisation and skill:** ★★★

**Community involvement:**

School age children, young adults, families, older people

**Cost:** £ £ £

**Equipment:**

## Equipment

- 25g unsalted butter or 1 tbsp sunflower oil
- 1 onion – peeled and chopped
- 1 carrot – peeled and diced
- 1 small leek – cleaned and sliced
- 1 small potato – peeled and diced
- swede – peeled and diced
- 1 small parsnip – peeled and diced
- 2 tsp reduced salt
- vegetable bouillon
- 500ml boiling water
- 1tbsp parsley – chopped

## Ingredients

- chopping board
- sharp knife
- peeler
- measuring jug
- tablespoon
- large saucepan
- wooden spoon

**ALLERGY AWARE**  
This recipe contains milk (butter)

## Method

- 1.** Place the butter and onions in pan and cook over a medium heat for 3-4 minutes or until soft but not brown.
- 2.** Add the carrot, leek, potato, swede and parsnip and cook for a further 2-3 minutes.
- 3.** Place the vegetable bouillon powder in a measuring jug and add 500ml of boiling water. Stir until all the stock has dissolved.
- 4.** Pour into the pan and cook for 15-20 minutes or until the vegetables are soft.
- 5.** Just before serving add the chopped parsley and serve.

# Recipe Notes and Tips

- Use a reduced salt bouillon powder
- For a creamier soup, use half stock and half milk

## Nutrition Information

Typical Values	Amount per 100g	Amount per serving 160g
Energy	213kj/51kcal	580kj/138kcal
Protein	1.2g	3.2g
Carbohydrate (of which sugars)	7.0g (3.4g)	19.2g (9.3g)
Fat (of which saturates)	1.5g (0.2g)	4.0g (0.6g)
Fibre	2.4g	6.5g
Salt	0.2g	0.6g